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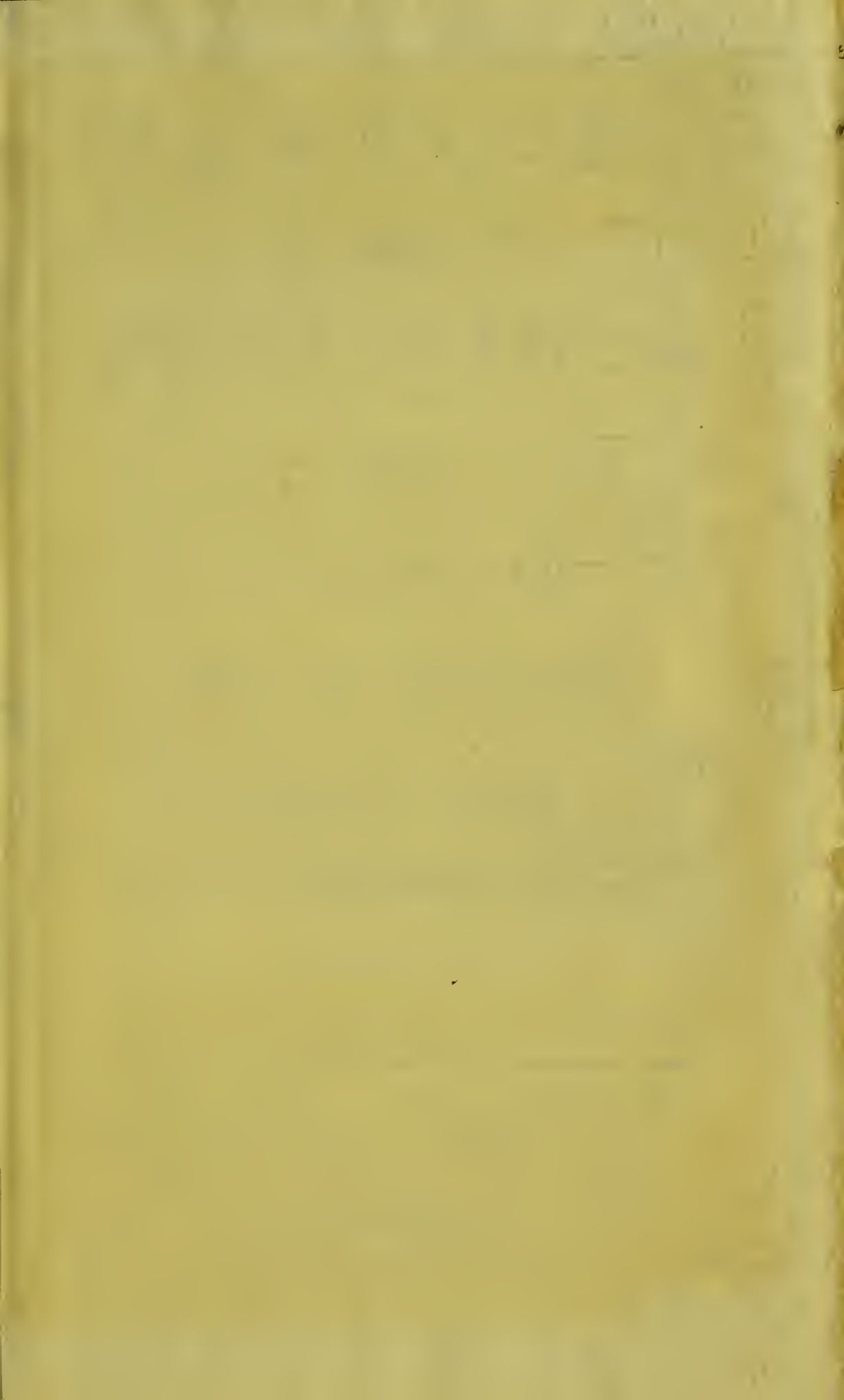
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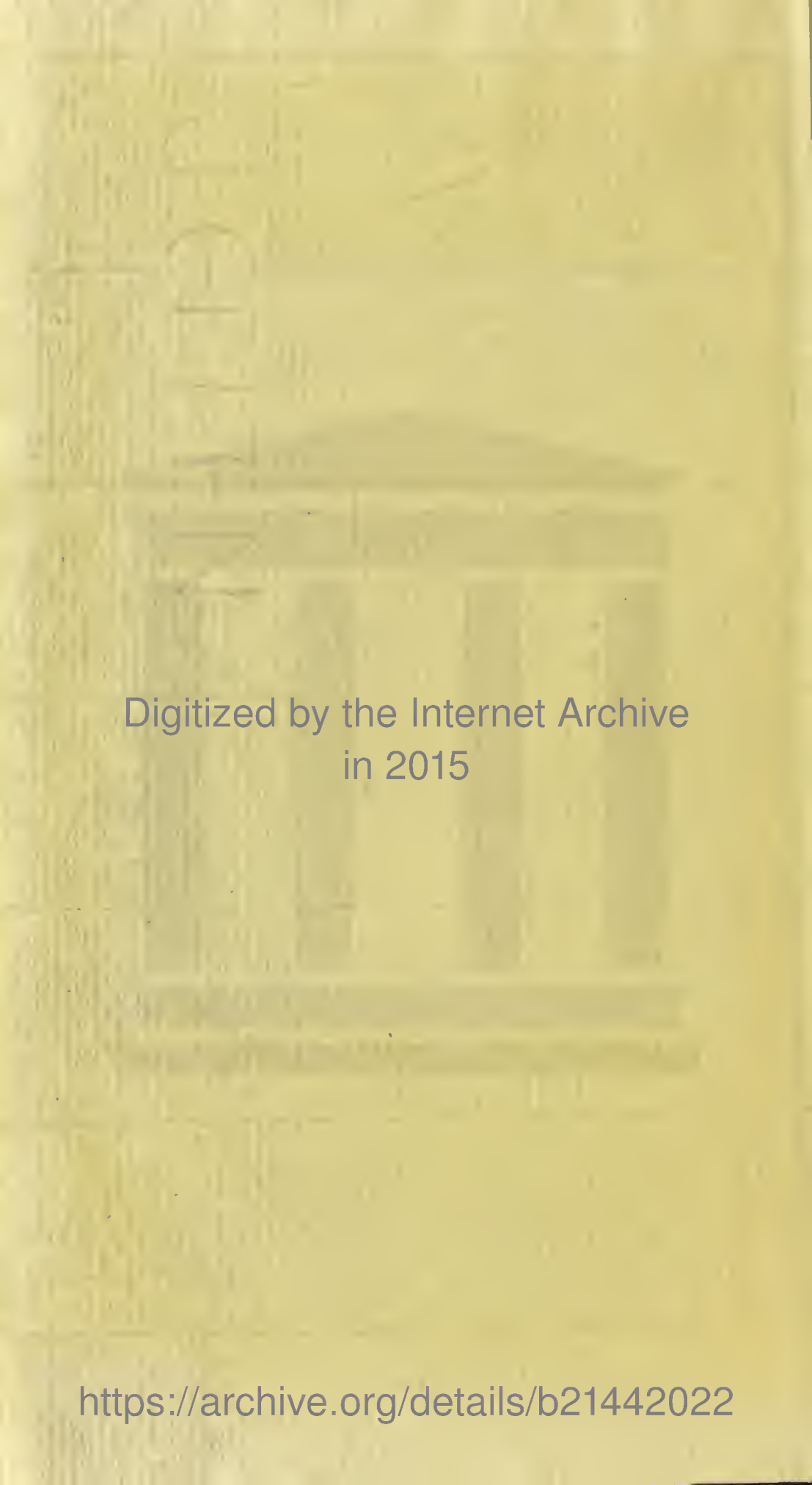
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*Donum Auctoris Patrie*

A D V I C E

T O

G O U T Y P E R S O N S,

B Y

D R. K E N T I S H.

G O W E R S T R E E T,

B E D F O R D S Q U A R E.

---

L O N D O N,

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1 7 8 9.

Nodosâ corpus nolis prohibere Chiragra?

HOR.

A D V I C E

T O

## GOUTY PERSONS.

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**T**O detail the opinions of medical men on the generality of complaints, is at once an insult to their profession, and to common sense. No absurdity is too great for the creed of a physician. He who is orthodox in physic, must shut his ears to reason, and “listen with credulity to the “whispers of fancy, or the phantoms of “imagination.” I shall therefore be excused from pursuing the history of the Gout through all the labyrinths of obscurity, in

B                      which



which the ignorance of my profession has involved it, and enter upon the more important subject of giving such observations and advice to arthritics, as experience enables me to deliver. The theory of disease has been mistaken, and to such mistake we must attribute the fatality of medical practice. Since the days of Asclepiades,\* there has been but little genius of philosophy in the writings of medicine. He corrected the errors of Hippocrates, and endeavoured to teach mankind the happy art of curing all complaints, *tuto, celeriter, & jucundè*. But such a doctrine was not suited to the capacity of the *medical mind*, which has been singularly attached to systems repugnant to truth, science, and common sense. Hippocrates was the unintentional cause of this calamity. He separated medicine from

\* “Vixit Anno Mundi 3939. Anno Ante Christum Natum 63, & quidem ad supremam Senectam valetudine prosperrima. Nam sponfionem fecisse dicitur, ne medicus haberetur, si quo unquam morbo corriperetur. Et vixit etiam.” Vid. Mangeti Biblioth. & Le Clerc’s. Hist. de la Medecine.

philosophy,



philosophy, and sent it a wandering amongst the fictions of imagination. Any man who could read or write, and many a man possessed of neither of these accomplishments, has been, since his time, thought qualified to attend to nature—to watch disease, and record the symptoms of complaints—hence every morbid appearance has been dignified with some specific appellation, and the phenomena of disease multiplied into distinct diseases.

This talent for observation has been so widely diffused, that practitioners in physic appear to have been emulous of their minute attention to the diseased varieties of nature, without duly considering the peculiarities that attend her in a state of health. The properties of life, and the causes of health, till lately, have appeared beneath the physician's attention. Thus has the talent for observation been prostituted—Effects have been recorded, whilst causes have escaped notice. Hence the jumble—hence the chaos of medical composition.

The opinions of Hippocrates have been misconstrued, and his wise institutions subverted. When he entered on the study of medicine, he found so much to be done, and the field of improvement so large, that he declared it as his opinion, that it was impossible for any man to be thoroughly master of his profession who did not apply to it with unremitting ardor, and particular attention. “Philosophy, (says he) has for its object the whole system of nature, but medicine has for its object the nature of man—his states of health and disease.” This was a judicious remark, but it gave rise to many errors.—For although Hippocrates himself expressly says, that “Philosophy should enter into medicine, and medicine into Philosophy, and that a physician who is a philosopher, is equal to a God.”\* Yet when once the profession became distinct, and the medical character was no longer connected with that of a philosopher, the healing

art ceased to be a branch of physics, and fell into the hands of men whose interest it was (as it now is) to deceive mankind, and make a mystery of the plainest truths. To this fatal separation may be attributed the present fatality of disease. And however shocking to the feelings of humanity it may appear, there can be no doubt but that the death of thousands, and tens of thousands, must be attributed to this parent error.

The man who ventures beyond the limits of those narrow prejudices which enslave his profession, never fails to meet the rancour of malevolence. But I will not complain. There are good and bad men in all ranks of society. There are skillful and unskillful persons in all professions. The good are not always happy, nor the skillful fortunate, in this world. They have, however, advantages peculiar to themselves; they possess a consciousness of superiority which the wicked

wicked and the ignorant know not. In all the disasters of human life ; in all the disappointments of professional pursuit, the good man and the skillful practitioner have the invaluable support of self-approved conduct; they are prepared to render an account of their actions, and ever ready *publicly* to confute and confound their enemies.

*Virtus, repulsæ nescia sordidæ, in-*

*contaminatis, fulgit honoribus;*

*Nec sumit, aut ponit secures,*

*Arbitrio popularis Auræ.*

HOR. Lib. III. Od. 2. 17.

The singularity of my medical opinions will be partially seen in this work. And when it is considered, that to be singular on a subject in which all other writers are confessedly in error, argues, at least, a possibility or chance of truth, the learned  
reader



reader will candidly attend to the arguments which are here delivered, and divest himself of prejudice to any particular party, sect, or system.

The disease, of which I am now to treat, is the confessed *Opprobrium Medicorum*—Self experience, practical knowledge, and attention to the symptoms of this complaint, from the earliest period of my life, are the apology and the proofs on which I rest the success of the present investigation.

I am an Arthritic, and the son of an Arthritic—I am interested in the cause which I have undertaken, and I labour to destroy a mortal enemy, the direful torments of whose destructive rage, the poet thus describes :

“ O Name, for ever sad, abhorr’d of Heav’n,  
 “ Parent of groans, from dark Cocytus sprung,  
 “ Immortal Gout ! in gloomy Erebus,  
 “ Whom e’rst Megæra, dreadful fury, bore ;  
 “ And from her poison’d breasts Alectho fed :  
 “ What dæmon fraught with malice sent thee forth.

“ To

“ To rage o’er wretched earth and plague mankind ?  
 “ If mortals for their crimes, committed here,  
 “ Are doom’d to suffer in the realms below,  
 “ Why offer Tantalus the elusive wave ?  
 “ Why torture poor Ixion with his wheel ?  
 “ Or bid the wretched Sisyphus uproll  
 “ The still revolving stone ! consign’d to thee,  
 “ And to thy tendon racking pangs, the guilty  
 “ Had mourn’d a heavier punishment.”\*

To lessen this punishment is the business of a physician. But as he who is ignorant of a cause, can stand but a bad chance to remove its effect, it is necessary that we make some attempt to ascertain the positive or proximate cause of Gout.—Any reference to the opinion of others is unnecessary—the ideas which I have borrowed will be detected, and those which are original observed.—As the principle of life has been misunderstood, it is no wonder that every morbid affection of that principle has been mistaken.—To be concise and explicit, I will deliver my doctrine of disease in a few general physiological propositions ;

\* Vide Lucian’s *Tragopodagra*, by Francklin.

and



and such of my readers as think a knowledge of causes necessary to explain effects, will attend to this enquiry. I submit my opinions to the demonstration of intelligent readers.

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PHYSIOLOGICAL PROPOSITIONS, containing a Philosophical View of the Causes of Life, Health, Disease, and Death.

PROPOSITION 1st.

**L**IFE is an adventitious property of matter, requiring the action of certain exciting, or capacitating powers to its maintenance and support.

PROP. 2d.

*The capacitating powers \* of life are, food, air, exercise, heat, light, animal fluids, se-*

\* Vid. the Non-naturals of Galen, and Exciting Powers of Brown.

C

cretion,

*cretion, and excretion, sensation, reflection, and their consequences, the affections and passions of the mind, all operating on the nervous system, and producing the alternate states of watchfulness and sleep.*

PROP. 3d.

*The capability or aptitude for life, depends upon the due application of the capacitating powers.*

PROP. 4th.

*Health is the result of the due action of the capacitating powers.*

PROP. 5th.

*The predisposition to disease, and disease itself, are the result of an undue action of the powers of health.*

PROP.

## PROP. 6th.

*In disease the agents necessary for the support of health, operate either with too strong or too weak an energy.*

## PROP. 7th.

*The capacitating powers of health, increased to a certain degree, cause sthenic or inflammatory disease, and increased to a still greater degree, cause asthenic disease, or indirect debility, which may appear under a variety of forms.*

## PROP. 8th.

*The powers of health abstracted or decreased to a certain degree, cause direct asthenic disease, or universal debility, which may likewise appear under a variety of forms.*

## PROP. 9th.

*Every power causing idiopathic disease operates on the nervous system in a manner similar to the agents of health with a force above or below the natural standard, producing either direct, sthenic, or indirect disease, which state, according to degree, we term direct, sthenic, or indirect debility.*

## PROP. 10th.

*That state of the human system which we term DEBILITY, is the real cause of all the morbid phenomena of idiopathic disease.*

## PROP. 11th.

*There are three diversities of this debility, which constitute distinct idiopathic disease, and these are, the direct, sthenic, and indirect.*

PROP.

PROP. 12th.

*The true sthenic, or idiopathic inflammatory disease, is cured by an abstraction or diminution of the capacitating powers, or stimuli of life.*

PROP. 13th.

*Idiopathic asthenic disease is removed by the addition, or free use of the capacitating powers.*

PROP. 14th.

*Sthenic disease may become asthenic, and vice versâ.*

PROP. 15th.

*Idiopathic disease may likewise be combined with local affection, and vice versâ.*

PROP.

## PROP. 16th

*Death happens from the excess or defect of the capacitating powers, and can only be produced by bodies acting upon the capability in a manner similar to the capacitating powers, or by some local destruction of parts necessary to the conservation of the CAPABILITY or general principle of life.*



THE  
HISTORY  
OF THE  
GOUT.

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**T**O give an exact and compleat history of the Gout, is a difficult matter. The experience of a Sydenham, and the systematic genius of a Cullen, have elucidated the subject; but cases frequently occur in which this disease assumes a form which different practitioners would characterize by different appellations: and the  
most

most profound physicians will confess, that they are yet unacquainted with the pathognomic marks of the disease. This remark indeed might, without injustice, be extended throughout nosology. But the digression is here inadmissible. I have commented upon the mutability of disease in another place, and the reader will be inclined to forgive my want of copiousness on this subject, when he is informed that physicians of the greatest practice in the present age, are unable to determine upon the symptoms which characterize the most common complaints.—A professor of Edinburgh asserts, that a pain of the right shoulder is a pathognomic sign of an inflamed liver; whilst a celebrated Physician of this metropolis affirms, that hiccough is the sought-for symptom. The same professor teaches that a diminution of the pulse in continued fevers is a good sign, whilst the same Physician asserts, that it is always a bad one. Since Doctors disagree, it will not be surprising that even in the short history which I am to deliver, such heterogeneous symptoms

symptoms may be mentioned, as shall incline the reader to suppose that my text has been overlooked, and that I am prating without a knowledge of my subject. But he who has laboured under severe attacks of the Gout, will have no difficulty in tracing the features of his old enemy in the following description, and though he shall vary like Proteus, he will recognize his actions under every type.

Various and acrimonious are the disputes which have arisen on the tenure by which we Arthritics possess our enviable possessions. Hereditary right has been denied us ; \* and persons without pretending to this claim, have frequently possessed a large share of our privileges. One circumstance, however, is pretty well ascertained.—The ladies seldom inherit this patrimony. They do indeed sometimes possess themselves of it ; but the most learned in medical jurisprudence agree, that gouty possessions can

\* Vid. Cadogan's Treatise.

only be entailed on the male branches of the family. In proportion as the females approach to the habits of men, they acquire an aptitude, or to speak in the language of phyfic, they become predisposed to the Gout. But it is remarked, that the female descendants of a gouty family, are commonly favoured with Pandora's blessings in some other peculiar form.—The stone and gravel, scrophula, hysteria, or violent nervous affections, are their wonted inheritance.—The females liable to the Gout, are those of the more robust and full habits, whose menstrual evacuations are more abundant than usual. Eunuchs are said to be seldom attacked with this disease, but indolence and full diet will give the predisposition in robust habits.

Some writers have observed, that the Gout particularly attacks men of large heads, full corpulent habits, and those whose skins are covered with a thick *rete mucosum*, which occasions a coarse surface.—The Gout varies considerably in its first attacks.

They

They are seldom frequent till after the age of five-and-thirty. But I have seen several instances of severe paroxysms in boys of ten or twelve years of age.

A paroxysm or fit of the Gout, according to the common acceptation of the term, is an inflammatory affection of some of the joints, attended with other peculiar symptoms. This inflammation sometimes comes on suddenly, without any warning; but it is more often preceded by several symptoms. —An unusual coldness, numbness, or sense of weight in the limb, frequent cramps of the muscles of the legs, an unusual tumescence of the veins, and a sort of pricking pain striking down the whole of the lower extremities, with the cessation of the ordinary sweating of the feet, when they are affected, take place.

Previous to these symptoms of the local-affection, the whole body is commonly affected with some degree of torpor and languor; the patient complains of lassitude,



loss of appetite, flatulency and nausea, prickling pains in the stomach or bowels, and head-ach, relieved by a discharge of wind, with costiveness, purging, or other marks of disorder in the functions of the stomach. These symptoms frequently continue for several days, or a week or two before the symptoms which constitute a real paroxysm, come on.

The attacks of a fit of the Gout are sometimes felt first in the evening, but it often happens that it commences suddenly about two or three o'clock in the morning. The first joint or ball of the great toe, is commonly the part first affected; but sometimes other parts of the foot are primarily affected, and as the paroxysm advances, the affection communicates to the instep, ankle, whole of the foot, and leg itself.

With the commencement of the pain, there is generally some degree of rigor or cold shiverings, which goes off upon the increase of pain, and is succeeded by heat,  
thirst,



thirst, and more or less disorder in the natural, animal, or vital functions.

The symptoms of a gouty paroxysm bear a great resemblance to the attacks of fever; and if this affinity had been pointed out and insisted upon by physicians, we should probably long since have been possessed of a much more efficacious treatment in this complaint. The incipient paroxysm sometimes resembles a continued fever, but more commonly the remittent, or intermittent type.

The pain becomes by degrees more violent from the first attack, and continues commonly in this state with great restlessness and uneasiness of the whole body, 'till next midnight, after which it is observed to remit. In twenty-four hours from the commencement of the first attack, it commonly ceases, and on the coming on of a gentle sweat, the patient gets a little sleep; the pained part is now considerably inflamed, and somewhat swelled.

The

The pain, or as it may be properly termed, the gouty paroxysm, recurs in the evening, and with the fever, commonly continues with more or less violence till the morning. Such at least is the common progress of the disorder. And as the unhappy patient is taught to believe that his complaint is beyond the power of physic, the gouty paroxysm is commonly suffered to repeat its nocturnal attacks for a considerable length of time. The Hippocratic maxim that nature alone can cure all diseases, has been so universally received by medical practitioners, and gouty patients in particular, that patience and flannel are the only prescriptions which the first physicians of this age dare venture to order in this dreadful malady.

But I here maintain, to the honour of medicine, and in opposition to the received opinions of my profession, that a gouty paroxysm is as much within the compass of medical abilities, and as truly curable, as any other febrile paroxysm whatever. The  
affinity

affinity just pointed out betwixt a remittent, or intermittent fever and the gout, first lead me to this conclusion, and the experience of private practice confirms the opinion beyond all doubt. In what this practice consists will make an important part of this work. At present I am to pursue Podagra thro' her Protean type, and when we have viewed the varied forms of attack, we shall sketch out a plan of operations; and according to the success of our enterprize, I shall desire to be judged.

It is said that “ when the disease after having remained for sometime in a joint ceases very entirely, it generally leaves the person in very perfect health, enjoying greater ease, and alacrity in the functions of both body and mind, than he had for a long time before experienced.”\* But the truth of this remark is limited, and the observation favours of a vulgar error. For I appeal to those who have laboured under any severe attacks of the disease,

\* Cullen cccclxxiv.

whether

whether or not they feel in perfect health on the cessation of pain. For my own part I can affirm, that my function of body and mind have been considerably impaired for a length of time after a severe gouty paroxysm. And experience inclines me to believe that this is commonly the case. It is true, indeed, that when a patient has laboured for a considerable time under those varieties of gout which we are about to mention, or been idiopathically indisposed previous to the attack of podagra or gouty inflammation of the foot, he will on the recovery from the paroxysm, feel much livelier, and better than he did before;—the diseased action being removed from the stomach, and vital parts to the extremities, on its disappearance from which health ensues. Thus is the remark partially true, but generally false.

At the beginning of the disease the returns of it are seldom frequent; once in two, three, or four years; but after it advances

vances, the intervals become shorter, and at length the attacks are annual, or sometimes twice a year. Afterwards they recur several times during the course of autumn, winter, and spring. As the fits are very frequent, the length of the paroxysms is increased, and in the advanced state of the disease, the patient is seldom free from some gouty torment. The summer months afford him some relief, but much depends upon management.

In the progress of the disease several circumstances arise which deserve attention. At first one foot only is commonly affected; then both; and afterwards the morbid affection alternates, or changes its mode of attack. After the feet, \* the hands, knees, elbows, wrists, or other parts of the upper and lower extremities become affected, and there are few joints of the body which escape without more or less of gouty action.

\* According to the part affected, the complaint, in medical language, is termed Podagra, Chiragra, Gona-gra, &c.



In this manner is the disease protracted for a great length of time, till nature, worn out by the severity of affliction, acquires a degree of insensibility, which proves a happy addition to the anodynes of patience and flannel.

When the paroxysms have become very frequent, the pains are generally less violent, but the patient labours under the distressing symptoms of irregular Gout, as sickness, loss of appetite, &c.

And after the attacks have recurred very often, chalk-stones, or concretions of a friable earthy substance are formed upon the outside of the joints, and for the most part immediately under the skin, which, in some cases, entirely destroy the motion of the joints, and cause ulcerated sores. In length of time likewise nephritic complaints supervene, and fits of the stone and gravel sometimes alternate with those of the Gout.

The



The description here given, will suffice to characterise the *regular Gout*, in whatever form it may appear. For the locality of the diseased action seems to form no specific difference, when the inflammatory affection is external.

Dr. Cullen has described the irregular Gout as it appears under three different states, which he names the *Atonic*, the *Retrocedent*, and the *Misplaced Gout*. And he observes, that as “ we suppose the disease  
 “ to depend always upon a certain diathesis  
 “ or disposition of the system ; so every ap-  
 “ pearance which we can perceive to de-  
 “ pend upon that same disposition, we still  
 “ consider as a symptom, and case of the  
 “ Gout.”\* In the course of this work we shall endeavour to shew that if practitioners had attended to this observation, and reasoned in medicine, as philosophers do in philosophy, they would have attempted the cure of the Gout upon a very different plan

\* Cullen's' first lines. cccclxxi.

from what has been universally prescribed. —There are few physicians who cannot remove the Gout from the stomach, and yet there are few who think it practicable to remove it from the foot.

But if all gouty symptoms, as Dr. Cullen affirms, depend upon the same diathesis or disposition; and I maintain with him that they do, surely it is philosophical to say, that they are all to be cured upon the same plan; and as physicians are acquainted with the cure of one form, I affirm that the same cure under the directions hereafter to be given, is applicable to all the forms in which the Gout can possibly appear. This reasoning must be admitted, or logic and philosophy for ever separated from medicine.

The symptoms of atonic Gout are chiefly affections of the stomach, as loss of appetite, indigestion, sickness, nausea, vomiting, flatulency, acid eructations, and pains of the stomach, and abdomen. With these disorders

disorders in the *primæ viæ*; sometimes a costiveness, but more commonly a looseness, with colic pains occurs. The patient is afflicted with great dejection of spirits, and other nervous symptoms. Palpitations, Faintings, asthma, headaches, giddiness, apoplectic, and paralytic affections, are likewise not unfrequent.

If any extreme part has been affected with gouty inflammation, which has suddenly disappeared, and the symptoms we have described supervene (which is no uncommon case) the disease is named the *retrocedent* Gout. The misplaced Gout is nothing more than the atonic variety;—it is neither described nor defined accurately by Dr. Cullen; and though he is willing to make it a distinct species, yet he confesses he never met with any cases of it in his own practice, and that he finds no cases of it distinctly marked by practical writers, except that of a pneumonic inflammation.

There

There are likewise two other cases which the same author calls *translated* Gout; the one of which is “ an affection of the neck  
 “ of the bladder, producing pain, strangu-  
 “ ary, and a catarrhus vesicæ, or a mucous  
 “ discharge from the bladder.—The other  
 “ is an affection of the intestinum rectum,  
 “ sometimes of pain alone, sometimes of  
 “ hæmorrhoidal symptoms.—These mor-  
 “ bid affections sometimes alternate, with  
 “ inflammation of the joints. But whe-  
 “ ther to refer those affections to the retro-  
 “ cedent or the misplaced Gout, Dr. Cullen  
 “ says, he will not presume to determine,”\*  
 Surely there can be no presumption in the  
 case, and if there was any utility, the matter  
 would be easily settled.—When the inflam-  
 mation has first attacked another part, and  
 afterwards removes to the neck of the blad-  
 der or rectum, there can be no doubt of its  
 being a retrocedent Gout, and when it pri-  
 marily attacks these parts, it is the true ato-  
 nic Gout, which is synonymous with the  
 misplaced.

\* cccclxxxviii.

Every case of Gout therefore, may be properly comprehended under the three species or forms of regular, atonic, and retrocedent.—The two last are always misplaced, and differ from the former, only in locality, not in essence.

The diagnosis, or distinction of Gout from other diseases, may be learned by observing the predisposition and other parts of this history—the parts affected, the exciting causes, its recurrence, and connection with the whole system, are likewise commonly sufficient to distinguish it from the rheumatism, with which it is most likely to be confounded. And there is one circumstance which deserves to be noticed amongst the diagnostic marks :—In acute rheumatism, the pain and fever continue, without abatement during the day.—In the Gout, as has been described, they commonly remit, or intermit, and recur in the evenings.

Thus



Thus much for the history.—I now proceed to deliver some truths, not commonly known, or sufficiently attended to, and this I do in the following

## AXIOMS RESPECTING THE GOUT.

1st.

*THE exciting causes of the Gout are excess or defect of the capacitating powers of life.*

2d.

*A continued excess of food, conjoined to indolence, is the most common cause of a tendency or predisposition to a gouty paroxysm.*

3d.

*A real paroxysm or fit of the Gout, may be caused by powers debilitating the constitution in a DIRECT or INDIRECT manner.*

*Sudden*

## 4th.

*Sudden exposure to cold when the body is overheated, weak liquors, acescent food, want of sleep, and violent evacuations, are instances of DIRECT debility.*

## 5th.

*Excess of heat, strong liquors, high seasoned food, violent passions, and venery, are examples of INDIRECT debility.*

## 6th.

*The direct and indirect causes of Gout, cannot operate by producing morbid matter, or a primary change upon the chemical contents of the animal fluids.*

## 7th.

*The change produced is of the living solid, and is a real DEBILITY, weakness, or loss of*  
F
tone,

tone, of vigor, or of strength, in the part affected.

## 8th.

*The causes and cure of the Gout shew that it seldom or never puts on the form of* STHENIC, *or actual INFLAMMATORY debility.*

## 9th.

*A tendency or predisposition to the Gout may be prevented by moderating the excess, or increasing the defect of the capacitating powers, according to the nature of the threatened debility, whether it be direct, or indirect.*

## 10th.

*In the tendency to direct debility, an addition,—to indirect, an abstraction of the capacitating powers, is required.*

*A pa-*

11th.

*A paroxysm or fit of the Gout is to be cured by the same general means, under whatever form it may appear.*

12th.

*The removal or cure of a gouty paroxysm, depends upon the free use of the capacitating powers, and such medicines as are calculated to remove direct, or indirect debility.*

---

T H E Physiological Propositions, and these Axioms, contain all that I judge necessary to premise on the peculiarity of my medical opinions in general, and of the theory of the Gout in particular;—the former may serve to illustrate the latter;—and the latter to elucidate the following

F 2

P R A C-

PRACTICAL REMARKS,

OR ADVICE TO

GOUTY PEOPLE.

---

**I** SHALL divide these observations into two parts,

1st. On Regimen, or the proper management of the capacitating powers. And,

2dly. On Medicine, or the use of particular remedies.

In the physiological propositions I endeavoured to 'give a philosophical view' of the causes of Life, Health, Disease, and  
Death.



Death. The utility of such enquiries will now appear.—I have maintained that the Gout is a disease, or morbid state of the living principle, caused by an excess or defect of the very powers which support life, and properly managed, produce health. These powers I have named the Capacitating Powers of Life, as they capacitate the organization or living principle, to perform the phenomena of life.—And it is in this place that I am to remark upon their management as best adapted to Arthritics.—These remarks may be considered as a demonstration of the two first propositions.

That life is an acquired or adventitious property of matter, is evident from the contingencies necessary to its support. The unorganized part of matter continues the same unchanged mass for years. And although life is perhaps extended farther than discovery has yet reached, we are undoubtedly surrounded by objects which have no properties of animated nature. The various classes, orders, genera, and species of  
fossils,

fossils, continue the same state of existence by the principles of attraction and cohesion, whilst animal and vegetable life are destroyed by accidents, which cause only a bare separation, or division of parts, in the mineral kingdom. The limits of creation, it is true, are not marked by such nice bounds as the naturalist would describe.—The powers of nature are uncontrolled, and the properties of life are variously modified. But wherever we are able to distinguish a living principle, we observe the necessity of certain conditions to its bare existence. Not to extend our observations at present to the various classes of animated and vegetable bodies, but to confine ourselves to a few remarks on the manner in which the life of our own species is preserved, we shall find an ample demonstration of our proposition.—Not only meat and drink, but air and exercise, are absolutely necessary for our support.—Without a daily supply of food the body is weakened, and cannot long exist; deprived of air, we instantaneously expire; when we cease to breathe, we cease to live; without

without exercise, by which is to be understood all the various modifications of it, as motion, thought, and all the lesser exertions and actions, we cannot continue life. And however great the luxury of ease and repose may be, a state of exertion is highly necessary to the existence as well as the enjoyment of life.—Confine a man to his seat, and disease ensues; deprive him of the power of motion, and death indubitably happens.

The experiment is perhaps impossible, but if we may reason by induction, there seems to be no doubt, that a man bound in such a situation, as to be incapable of using any muscle, would soon expire, even though he was regularly supplied with food; the very digestion of which is not performed without muscular motion, as the peristaltic motion of the intestinal canal evinces. These considerations, therefore shew, that life is not an inherent, self-creating principle, but an adventitious property of matter,  
dependant

dependant on the actions of other bodies for its very existence.

FOOD, is one of the capacitating powers which deserves to be first considered. The Philosopher, the Physician, and the Arthritic, are equally interested in an enquiry into its effects. From the earliest period of medicine, practitioners have paid attention to its nature, and endeavoured to ascertain its specific properties. But false theory has influenced their researches, and instead of practical discovery, we find little more than vague conjecture, frivolous experiment, and useless speculation in the medical writings, ancient or modern, upon this subject.

HIPPOCRATES, it is true, has paid great attention to the nature, qualities, and effects of food ;—he has left three books expressly *περι Διαίτης*, one *περι Διαίτης υγιεινῆς*, and another, *περι Διαίτης ὀξέων*. He has likewise touched upon the subject in his Aphorisms, and other parts of his works ; but the doctrines of *hot, cold, dry, and moist*, have  
so

so perplexed his writings, that we can gather little medical information from his researches. His remarks however, must be viewed as those of a great genius and diligent observer.—He has given a very enlarged view of the different kinds of food used in his time. And the antiquary and physician will find equal amusement in the second book *περί Διαίτης*. In addition to the common viands of beef, veal, mutton, lamb, pork, &c. the ancient inhabitants of Greece used the flesh of horses, asses, dogs, and foxes. They likewise ate several species of fish, and marine animals, no longer admitted into our bills of fare. Their vegetables were very numerous, and they had wine of different sorts, which the father of physic frequently prescribed to the sick. He has left some judicious observations upon this subject, which have been strangely overlooked.

The observations of many of the ancients were directed to discover specifics in diet, as well as medicine. Hence the particular



ticular parts of animals, or singularly shaped vegetables, were not unfrequently supposed to be endued with medicinal virtues, and prescribed as proper food for the sick, from the resemblance they bore to the part affected. The kidneys or livers of animals were prescribed in disorders of the liver or urinary passages, &c. And among the vegetables, we have liver-wort, heart-wort, &c.

The present age gives no countenance to such doctrines; but the errors of modern opinion are probably not less absurd. Many physicians maintain that vegetable diet is best suited to the nature of man; and they contend that it contains more real nourishment than that of animals. Buffon has thrown considerable light upon this subject, and is a powerful advocate for the opposite opinion. But, as if it was the fate of physic to quarrel with her parent philosophy, and lose the sight of truth, the pen of opposition has lately been taken up by Andrew Sparrman, M. D. Professor of Physic at  
Stockholm,

Stockholm, who has taken occasion in an account of a voyage which he made to the Cape of Good-Hope, \* to arraign this opinion.—But he has evidently mistaken the argument; and though he may have detected the errors of a naturalist, he has not invalidated the opinion of the philosopher.—M. Buffon's assertion seems to be founded in fact; and we agree with him, that “were man reduced to the necessity  
 “of living on bread and vegetables alone,  
 “he would scarcely be able to support life  
 “in a weak and languishing condition.” A very little attention to the effects of diet in common life, will confirm this doctrine. And a mixture of vegetable and animal diet, is undoubtedly best adapted to the general state of man.—His anatomical structure confirms this opinion. To the Arthritic therefore it is necessary that the fact be known.—And, if I am right in the cause which I have assigned to all gouty

\* Vid. Sparrman's Voyage to the Cape of Good-Hope. Vol. II. p. 227, &c.

phenomena, it follows that a strict vegetable diet is generally prejudicial to the gouty habit; experience corresponds to this remark; and, however strenuously the advocates of morbid matter may oppose the fact, I must caution my gouty patient to beware of false theory, and attend to his own feelings. Where a predisposition to the Gout arises from excess of high living, as it is called, or an abuse of the capacitating powers, a diet consisting chiefly of vegetables, and little or no fermented spirit, may correct the predisposition, and prevent the paroxysms; but under the pressure of any gouty symptom, such diet would be improper. If, therefore, an Arthritic is given to excess of eating or drinking, which is sometimes the case, I would caution him against such abuse, and recommend him in the intervals of a fit, to prefer a vegetable diet; or, at least, to intermix the use of vegetable, and animal food. But this must be done with caution, and the experiment made at a time when he is entirely free from every gouty symptom. Milk, is very properly  
 joined

joined to the use of a vegetable diet. But I have seldom found it agree with gouty habits, I shall not enter into a minute examination of the specific properties of food, but sum up my observations on this capacitating power, with a few general remarks.

In a fit of the Gout, it is absolutely necessary for the patient to abstain from every kind of raw vegetable, and confine himself principally to an animal diet. Where solid food cannot be taken, broths are proper, and eggs raw or boiled, agree very well. Bread, and flour puddings, may be allowed; but should not make the principal part of a meal, when more strengthening diet can be taken. All the common culinary vegetables, as cabbage, spinage, broccoli, turnips, carrots, or potatoes, &c. ought to be abstained from. The latter seem to approach the nearest to animal food, and do not always disagree with gouty habits, but they should be used cautiously.—The warm, pungent aromatic vegetables, which enter into our culinary list, as condiments,

or

or seasonings, are very useful, and may be used freely. Mustard, pepper, ginger, nutmegs, cloves, &c. assist the powers of digestion, and invigorate the *primæ viæ*, when taken in proper quantities. Common salt\* is likewise a powerful, and useful stimulus to the organs of digestion, whose functions are apt to be impaired in every case of Gout. *Acids* of all kinds should be avoided. The use of pickles prepared in vinegar, is consequently hurtful. The common beverage in and out of a fit, should be nearly the same. A weak mixture of spirits and water, generally agrees the best with gouty people; but wine and water, or malt liquor, are very proper, where they do not produce flatulency or oppression of wind; and wine alone may be used; but some preference is to be given to the nature of the spirit, and the sort of wine. Brandy is generally preferable to rum; and where the flavour of geneva is not disliked, it commonly agrees

\* Vid. My Essay on Sea Bathing.



very well, and proves a good *carminative*. Good old port agrees with English constitutions better than meagre wines; but in a gouty paroxysm, I find Madeira, sherry, or good Lisbon, preferable to the red wines. Astringent liquors increase the thirst, and clamminess of the mouth, which accompanies fever; and weak acid wines debilitate the stomach. Claret, Burgundy, red and white Champaign, or other French, Rhenish, or Spanish wines, are either improper, or inferior to Port. Great caution is necessary on the part of the sick, not to overload the stomach with too large quantities of either solids or fluids. A physician may point out the kind, but the patient must determine the quantity. More is to be feared from excess than defect in this particular. A gouty person should never overload the stomach. In a fit, the stomach should never be suffered to be long empty. I would advise all Arthritics to attend particularly to this circumstance, and take a small quantity of food, every three or four hours; even a crust of bread now and then, is useful.

useful. The quantity, as well as the quality of the food, should be attended to, by the patient. Although he should not suffer his stomach to be long empty, yet he should be careful to take but little at a time. Dinner, should be his principal meal; and his hour of dining should be so contrived, that he may use exercise before and after eating.

The habit of sitting still, from dinner to supper, is highly prejudicial. Gentle exercise promotes digestion; it is therefore salutary after dinner; but the more violent kinds of exercise impede the digestive organs, and are only to be used in the morning, or with an unloaded stomach. To conclude this article, we may observe, that in a gouty paroxysm, the diet ought generally to be of a much more stimulant nature, than in the intervals of a fit.

AIR, is one of those capacitating powers, which is so necessary to our very existence,  
that

that we cannot bear its suspension even for a few moments, without the most imminent danger. Late experiments have thrown considerable light upon the nature of respiration. Philosophers are of opinion that something noxious to the living system is thrown out of the body by this process. Dr. Priestly thinks this noxious matter is *phlogiston*; Dr. Crawford has adopted the same idea, and attempted to prove that something is likewise taken into the system as well as thrown out. He has very ingeniously endeavoured to prove that the matter of heat is received from the air in the lungs;—hence he makes respiration the fountain of animal heat; and it must be admitted, that many facts confirm this philosophic theory. Air is to man, what water is to fishes. The fluid which we breathe is a particular species of air;—probably the most abundant, and, 'till lately, supposed, the only invisible, permanently elastic fluid. The atmosphere, or general volume of air which surrounds our globe, is abundant in almost every other kind of air, and may

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be viewed as a menstruum, which contains chemically, or mechanically dissolved, various heterogeneous bodies. The vapours, indeed, with which it is impregnated, may be considered as compound solutions of all the bodies in nature. Hence it is worthy of observation, that the common air which we breathe, will constantly partake more or less of the local situation where we live. Its salubrity depends upon a variety of circumstances. Its temperature will form one of its primary characteristics. Heat, so far as it tends to promote solution, will affect the menstruum, and will likewise produce its own peculiar effects on the system.

These observations will suffice to convince Arthritics, that a pure atmosphere is salutary to them, as well as to other persons. They ought not to confine themselves to close, hot rooms ; but in a fit, and out of it, constantly to accustom themselves to breathe a pure, uncontaminated air.

EXERCISE will prove the best means of enjoying the advantages of the former power,  
and



and is the grand preservative against the Gout. The different forms in which it may be used, are not necessary to be mentioned. Sydenham recommends riding on horseback as a sovereign remedy, but Walking, is perhaps, the best method of using exercise, when the feet are not affected. I never knew an Arthritic who was a great walker, that suffered much from the complaint. But I know many who use constant and violent exercise on horseback, and in carriages, and yet are much afflicted with the Gout. It is here worthy of observation, that as the extremities are the parts most liable to be affected, particular attention should be paid to their state. The action of every part should be properly excited; and if debility or loss of tone in the muscular fibre be the proximate cause of the Gout—whatever duly stimulates, and restores the lost tone, will remove the debility, and consequently the symptoms of gouty affection. Motion, therefore, is peculiarly adapted to this end. The joints of the extremities, as they are most liable to lose their proper action, ought



frequently to be exercised. I would advise Arthritics to attend to this remark, and accustom themselves to move the joints of the toes, fingers, wrists, ancles, knees, elbows, &c. constantly. This may be done by the most sedentary persons, and when the weather, or general state of the body prevents a better exercise, this salutary practice should not be neglected. I am even of opinion, that a slight inflammation of a joint may often safely be removed by this means. The local affection, it is true, is generally a symptom of the idiopathic, or general morbid state; but such symptom may happen to be protracted by the state of the part, or an injured locality; which is probably the reason why the gouty inflammation attacks one part, one foot, or one hand, for instance, in preference to another; and in such cases the part itself becomes an object of medical attention—to restore its vigor, or remove its debility, is to remove the disease; local applications may therefore assist the general treatment; exercise of the part is perhaps the best application

plication in many cases. It is a custom in the East Indies to have all the joints of the body frequently exercised ; it is considered as conducive to health, and highly luxurious :—a person is employed to perform this office, and gently pinch or beat the arms, thighs, legs, and large muscles. This gentle stimulus, thus universally applied, is said to be highly grateful and salutary. It is continued so as to produce sleep ; and from this circumstance, I would infer that Arthritics may expect relief from an adoption of the practice in this country. The effect of exercise is sleep, and to a gouty man, such effect is truly desirable.

The use of a flesh-brush is to be recommended on the same principle.

HEAT, and COLD, as different degrees of the same power, are properly treated of together, and equally deserve the attention of Arthritics. A summary of the received opinions on this head, cannot fail of being interesting to every man of science. I shall, therefore, take the liberty of presenting

ing the reader with an extract from a former publication of mine on this subject.

“ In reasoning upon this subject, we must attend equally to the facts of chymistry and physiology.—By the former we learn, that cold is only the negation of heat. By the latter we know that the living body cannot exist without a certain proportion of this universal principle, which pervades all nature, and is the efficient cause of animation, vigor, and all the phenomena of life. The organized and unorganized parts of matter alike acknowledge the universality of heat: by its operation, order and uniformity in appearance is maintained: by its excess or defect, the mode of existence is altered, and annihilation frequently ensues the slightest deviation in degree: solids become fluids, or *vice versa*: vegetables and animals cease to live in extremes of this grand agent of nature; but they have the singular property of retaining their natural temperature in very great excesses of heat or cold. The temperature

perature of the human body is asserted to be  $97^{\circ}$  of \* Farenheit, and the degree of external heat fixed upon by philosophers, as the standard of health, is  $64^{\circ}$  of Farenheit. Every continued deviation from this standard is supposed to produce a morbid change on the human body. An excess has been said to act as stimulant, and a defect as sedative. But great confusion has entered the arguments of physicians on this subject. Some have maintained, that heat being positive, and cold negative, the former must have one uniform action, in opposition to the latter; and as heat, in one instance, is a positive stimulus, so in every instance, whether above or below the standard, it is still a stimulus, and must produce, though in a lesser degree, the same stimulant effects;—others affirm, that heat below  $64$  or  $60^{\circ}$  of Farenheit, is always a sedative to the action of the living powers. But the dispute is of words, and the con-

\* Vid. Gov. Ellis's Paper, Phil. Transf. vol. iv. p. 755. et Mem. de l'Acad. année 1764.]

clusion



clusion is the same in both cases. By a lesser stimulus, the former mean what the latter intend by the word sedative. Hence we find, that it is universally agreed among physicians, as well as philosophers, that the properties of heat are stimulant." \*

The application of this doctrine of Heat and Cold is, that in the Gout, as well as in every other morbid or healthy state of the living fibre, a long continued excess or defect of either, is prejudicial to life; any permanent deviation from 64° of Farenheit, is therefore to be guarded against. It is necessary however to remark, that warm climates are found to agree better than cold ones with arthritics, which shews that they bear an excess better than a defect of the natural standard. But this is not always the case. I have observed hot weather in this country to disagree with gouty habits; and I have seen instances in which it was necessary for Arthritics to prevent the relax-

\* Vid. Essay on Sea-Bathing, p. 47, &c.



ation of hot weather, during the summer, by cold-bathing, and cool air from the sea, or mountainous countries. I would therefore advise Arthritics, who can afford the expence of travelling, to pass the cold months in a warm, and the hot months in a cool climate. The temperature of the summer season is seldom too warm in this kingdom; but it is often too cold for very gouty people. The southern parts of France, and some parts of Italy, are recommended by physicians; but where the journey is inadmissible, I would advise attention to the changes of the season in the climate where the Arthritic is compelled to reside. Additional clothing is necessary to guard against the effects of cold; and an habitual exposure to all seasons in the intervals of a paroxysm, when the weather will permit, is the surest means of ensuring health.

LIGHT, as an effect of heat, deserves to be mentioned; but it will be unnecessary to enlarge on the subject here. In some countries the effects of light demand the

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particular attention of physicians. In hot climates, as in the East and West Indies, exposure to the rays of the sun, is productive of the most fatal diseases. Authors relate that the Coup de Soleil produces phrenitis, fever, &c. \*—Arthritics, as being very susceptible of diseased actions, should therefore be cautious in avoiding the impressions of strong light as independant of the heat with which it is conjoined, it has indubitably a very violent stimulant effect. I know several persons on whom light acts as a sternutatory; they cannot look at the sun without being thrown into very violent sneezing.

ANIMAL FLUIDS. When gouty people recollect that the fluids are prepared from the food they use; and when they are informed that an excess or defect of the general mass of fluids produces a general change on the solids, or moving powers of the living system, which change, as far as

\* Vid. Dr. Moseley's Treatise on Tropical Diseases.

it is a deviation from health, can be nothing more, than a debility or loss of tone, or loss of vigor, and as that debility appearing under the form of direct, or indirect, gives rise to all the phenomena, or symptoms of Gout, it follows that the quantity of animal fluids becomes an object of their attention. To direct the regulation of the quantity, it is necessary that we say a word or two respecting the nature of

SECRETION and EXCRETION. It is not required that the Arthritic has studied physics, to understand what it is his interest to know on this subject. Secretion and excretion are offices performed by different parts of the animal œconomy for salutary purposes. The first consists in separating what is useful; and the second in throwing out, or separating for the purpose of being thrown out, such parts of the fluids, as if retained, would prove noxious to the living system.

The former office we must leave to the direction of nature. The latter falls more immediately under our observation. Arthritics should cautiously avoid any excess or defect of excretion, or the quantity of excreted matter thrown out of the body. They should regulate with nice attention the state of the organs of digestion, and take care that they are not impeded by the retention of useless fæces, nor debilitated by the hasty expulsion of what ought to be retained. Purging and costiveness are equally improper to gouty habits. The body should be regularly kept open : and I have observed that a lax habit in the intervals of a paroxysm, is often necessary. One, two, or three motions, daily, without purging, appear requisite. The quantity of urine will generally be regulated by the quantity of liquids. Profuse evacuations by sweat should be guarded against, and a proper perspiration kept up by warm clothing and exercise.

These

These are all the observations which appear to be necessary on the subjects of Animal Fluids, Secretion and Excretion, as objects of attention to Arthritics. We now proceed to treat of

*Sensation, Reflection, and their Consequences, the Affections and Passions of the Mind.*

Medical metaphysics may be considered as an uninteresting subject. Anatomy has displayed the wondrous fabrication of the organs of sense, and physic has attempted to explain the phenomena of disease, from the direct influence of an intelligent immaterial spirit.—The system of Staahl, was of this kind ; But the principles of his doctrine are incompatible with medical or metaphysical facts.—And medicine must in this, as in every other branch of her pursuits, have recourse to philosophy for an explanation of phenomena.

“ Physic of Metaphysic begs defence,

“ And Metaphysic calls for aid on Sense.”

POPE.

The



The reasonings of Locke have elucidated the subject before us, and to him we are indebted for a system of logic which exhibits a view of the inlets of knowledge, and the operations of the mind. But there is still room for the pen of physic to arrange and elucidate the science of ontology, for the purposes of medicine.—It is often in the power of medical practitioners to regulate the mental as well as the corporeal actions. As all our ideas are derived from sensation and reflection; and as our ideas themselves sympathize with the state of the body, it is the business of a physician to regulate the inlets of knowledge, and by an attention to the organs of sense, to prevent, as far as in his power lies, the ill effects of dangerous impressions, or to remove, if possible, the causes of every morbid, mental emotion. In acute diseases, practitioners have observed the necessity of this attention, and by excluding the causes, have prevented the effects of hurtful sensations, and injurious reflections. In fever, the patient is kept from strong light, and violent noise.

noise. The organs of sight and hearing are consequently undisturbed, and that combination of prejudicial ideas, which would have been the result of violent impressions, is prevented. In a paroxysm of the Gout, the same practice is commonly adopted. But we ought not to rest contented with an injunction of this kind during a paroxysm. We ought to caution Arthritics from the improper admission of any ideas which may be destructive to their health and happiness. I could here adduce innumerable instances of violent protractions of gouty symptoms from such a cause. All the passions of the mind appear to act on the same general principle. They operate like other capacitating powers by empowering the principle of vitality to perform its office, and produce its peculiar phenomena. --In excess or defect, they produce disease. Our attention therefore is properly directed to those two morbid states, and we must attempt to increase or diminish the effects, as occasion requires.

When

When any passion, by whatever name it is called, whether Love or Sorrow, or Joy, &c. proves too violent, or arrives at that degree which produces disease, we must seek to lessen its effects, and substitute a new stimulus. Medicines of the tonic class, may sometimes be serviceable, and should undoubtedly be employed in those cases, where nervous irritability lays the foundation of inordinate mental action; but commonly the most effectual remedy will be a different passion or affection of the mind, which places the ideas in a new train.—Thus, when love sinks into contempt or hatred, its morbid effects cease.—If Joy is excessive, and threatens danger, mingle it with grief or sorrow; and its bad symptoms disappear.—If the mind is oppressed with despair, call in the assistance of hope, and every gloomy affection will give way.—By thus tempering the passions, we have it often in our power to regulate the reflections, affections, and moral conduct of our fellow-creatures.

After

After having observed that Arthritics should cautiously abstain from the improper use of any of the passions, it may appear unnecessary to particularize ; one remark however is necessary to be made. Venery is singularly productive of gouty symptoms. I have known several severe fits from this exciting cause ; and so evident was the connection of the cause and effect, that the patient himself, has often made the observation. A very particular friend of mine, who is a very strong man, but of a gouty diathesis, assured me, that a very smart fit, from which he is now recovering, was, in his own opinion, brought on by this cause ; and he recollects the same thing to have happened before,

As all violent emotions of the mind, whether accompanied with corporeal exertions, or otherwise, are improper for gouty persons, so it is necessary here to observe, that intense application to business or study, should be guarded against, and such employments as oblige the pa-

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tient



tient to lead a sedentary life, should likewise, as far as possible, be avoided.

Having thus gone through the remarks I proposed to make on the proper use of those powers which, improperly used, I maintain to be the sole causes of every form of Gout; I shall take my leave of this part of my work, with a few observations on the two states, under which the principle of life must always appear—viz.

WATCHFULNESS and SLEEP. Every living body must always be either awake or asleep. In the instances of suspended animation, the body may be viewed as in the latter state. The phenomena of returning life shew no specific difference in the two states. The duration and alternation of these forms of life, therefore deserve the attention of Arthritics. Man cannot exist in a state of health, without his share of sleep. The most active mind joined to the most vigorous body, must consent to a periodical annihilation. Labour must be  
succeeded



succeeded by rest, and slumbers will ensue the exercise of the brightest mental, or corporeal faculties. Arbitrarily to fix the portion of sleep, and prescribe the limits of those two states of non-entity, and activity, to which all human beings are subject, would be an arduous attempt without a probability of good. The gouty man should not suffer any part of his body to be long in a state of inactivity. Consequently the indulgence of much sleep is improper, and an excess of watchfulness is preferable. The hours of sleep should, in our own climate, be confined to the night; but in hot countries the heat of the day demands the cessation of all exercise, and inclines the body to rest. The custom of sleeping after dinner, should be avoided, unless in those cases where from pain or incidental irregularities, the usual share of sleep has been denied during the night. I shall close my observations on this head with an old English adage,

“ Early to bed, and early to rise,

“ Makes a man healthy, wealthy and wise.”

Here I conclude the first part of my advice on the REGIMEN of Arthritics, and proceed to my second general observation ON MEDICINE, or the use of particular remedies.

By a proper management of the capacitating powers, the disease itself may be avoided. But when it is present in a violent form, relief is to be sought from medicine. And I have ventured to assert, that the Gout is a curable disease. The removal of a paroxysm or fit, is as much within the province of a physician, as the removal of any other paroxysm or fit whatever. The mistaken prejudices of mankind long prevented the speedy cure of intermittents. And the doctrine of morbid matter still prevails to the exclusion of a curative attempt in the Gout. But I will rest my argument on incontrovertible principles. I argue from analogy and experience. Sydenham himself admits the mode of reasoning which I adopt; and although his false theory prevented the use he might otherwise have made of his sagacious observations

on

on the nature of disease, yet he expressly admits the analogy of an intermittent and gouty paroxysm in the following words :

“ Quod et in febrium intermittentium  
 “ paroxysmis usu venit, quas ob eandem  
 “ causam remediis non appugnamus, nisi  
 “ æstu prius confopito. Nec absurdius  
 “ quis in extinguendis harum febrium ca-  
 “ lore scilicet, siti, inquietudine, aliisque  
 “ symptomatis anxie operam locaverit,  
 “ quam existimaverit alius se podagram  
 “ sanare, cum in podagræ symptomatis  
 “ tantum coercendis laboret : quam tantum  
 “ hoc tempore a curatione morbi abscedat,  
 “ ut eandem aliquatenus impediat ac remo-  
 “ retur. Quanto enim magis ægri dolores  
 “ lenit, tanto magis humorum concoctioni  
 “ adversatur ; quantoque claudicationem  
 “ arcet, tanto materiæ morbificæ expul-  
 “ sioni officit.” \*

Now, as the improved experience of the present age informs us that an intermittent

\* Sydenhami Tract. De Podagra, p. 471.



paroxysm may be safely cured at the onset, and as the doctrine of blocking up morbid matter in the ague, is nearly exploded, and no longer prevents the free use of bark, and other tonics adapted to the cure of the complaint, let us attend to the facts we have acquired, and derive the benefit of discovery by analogical application. If we can find a remedy for the Gout, equivalent in effect to the use of bark in intermittents, let us not be afraid of blocking up what does not exist, or of counteracting, when we have it in our power, to aid the efforts of nature.

To enumerate all the remedies which have been tried in this complaint, would be an useless and laborious task. Their number and inefficacy are finely described in the following lines :

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“ Since man  
Was first created, hath he rashly strove,  
But strove in vain, with ev’ry fruitless art  
To check my conquest, and elude my power:  
Whilst

Whilst some their plantane, and their small-  
age bring,

Lettuce, or purslane, horehound, nettles  
sharp,

Fen-gather'd lentiles, or the Persian weed,  
Leeks, scallions, poppies, hen-bane, or the  
rind

Of ripe pomgranate, frankincense, and flea-  
wort,

The root of potent hellebore, or nitre ;  
Some steep'd in wine, the husks of beans  
prescribe,

Or spawn of frogs, a sovereign cataplasm,  
Carrot or pimpernel, or barley flour,

Or gall of cypress tree, the healing dung  
Of Mountain goat, or still more fetid man.

Colewort, or gypsum, or the well-ground  
sand

Of \* Asia's pow'rful stone, with bean flour  
mix'd.

Others, sagacious tribe, call in the aid  
Of weasels, toads, hyænas, ruddocks, stags,

\* The Lapis Assicus. Ex Asio lapide, says Dios-  
corides, sit podagris cataplasma, cum fabæ lomento.

And



And foxes ; ev'ry metal, and the tears  
 Distill'd of every tree ; bones, nerves, and  
 skins

Of ev'ry beast, milk, urine, marrow, blood.  
 A potion some of four ingredients, some  
 Of seven or eight prefer. Some oft repeat  
 The sacred bitter ; some to the pure spring  
 Medicinal, whilst others trust to charms,  
 And incantations, which the wand'ring Jew  
 Hath ever ready for his gaping throng.

Mean time I laugh, and bid the fools go  
 weep,

Who mock me thus, and but incense my  
 rage." †

It will be unnecessary to comment upon  
 this list of remedies, to which considerable  
 addition has been made since the days of  
 Lucian. But the increase is of number,  
 more than of efficacy. I shall therefore  
 rest contented with a few observations on  
 the most common or most powerful medi-  
 cines now in use.

† Lucian's *Tragopodagra*, by Francklin, p. 582. V. II.

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but

but such discharge is seldom necessary, and in some instances might be prejudicial.

EMETICS are sometimes useful in removing symptoms arising from foulness of the stomach, but their use in this respect is limited. Nausea and sickness depend oftener on the weakened tone of the organs of digestion, than on any collection of indigestible matter in the *primæ viæ*. Emetics, therefore, should be used with caution. But I am of opinion that in some spasmodic gouty affections, particularly of the lungs, they act as powerful stimuli, removing the local diseased action, more effectually than other remedies more commonly employed.

PURGATIVES are only proper to prevent costiveness, and are now very properly decried in all gouty cases. But Arthritics should keep the body open by the use of some warm cathartic. The compound tincture of senna, or spirituous tincture of rhubarb, will commonly answer this purpose. A table spoonful taken at bed-time,

in:

in a glass of water, or pepper-mint water, with or without a few grains of powder of Rhubarb, is often a sufficient quantity, and may properly be repeated once or twice a week, or as occasion requires. The tone of the stomach and intestines, will be increased by the proper use of such a remedy.

BLOOD-LETTING, is an evacuation seldom to be admitted in gouty cases. But I will not venture to affirm that it is always improper. In some instances of violent Gout of the lungs, or head, I have known it give instantaneous relief, and no bad consequences ensue. The patient was plethoric, and the remedy probably acted by removing the excess of stimulus upon a part labouring under indirect debility. But except in these two cases of gouty inflammation on the membranes of the head or lungs, I never saw any good, but on the contrary much harm from the use of the lancet. And even in such complaints, I would never recommend blood-letting, unless in very plethoric habits.



STOMACHIC MEDICINES. Instead of evacuating remedies, it is evident that the cure of the gout must be sought for in the opposite list of tonic stimulants, or such articles of the *materia medica* as are calculated to remove debility of the digestive organs. The cure of intermittents was long and vainly attempted by every species of evacuation, 'till at length the Peruvian bark was discovered to produce a cure without this effect; and physicians now find that medicines acting upon the same general principle, are best adapted to the cure of those complaints which by analogy are supposed to depend upon the same general cause. Hence it is that the BARK and BITTERS are universally employed in diseases of direct debility. These remedies have been given to gouty persons in the intervals, or at the declension of a paroxysm. And although I am of opinion that they may be safely employed in a fit, yet I have never been able to remove a real external gouty inflammation by their use. As the bark itself is not always a sufficiently  
powerful



powerful stimulus to remove an ague fit, so it seems to be in most cases too weak a stimulus for the removal of a gouty paroxysm. I would however advise its use, conjoined to other remedies, and particularly in the intervals of a paroxysm. I agree entirely with a worthy divine, who, to the honour of himself, and the disgrace of physic, has written the best book now extant on the Gout. “ As indigestion, “ (says Dr. Warner) hath been proved to “ be the primary cause of the Gout, the “ first direction of medicine, it is natural “ to require, should be to strengthen the “ digestive powers. To this purpose, I “ believe there is nothing more efficacious “ within the compass of physic, than a “ frequent and almost daily use of the tincture of the bark, and of the elixir of vitriol, already mentioned at the declension of the fit.” \*

\* See a Treatise on the Gout, by Fred. Warner, L. L. D.

A large spoonful of Huxham's tincture of bark in a glass of pepper-mint water, or camomile tea, with four or five drops of elixir of vitriol, is a very good stomatic medicine. But I have found that an infusion of the *cinchona caribbæa*, a new species of bark, which I have described in another work, under the name of *Cinchona Sanctæ Lucæ*, is preferable to any preparation of either the common or red bark.† The following prescription may be of use to Arthritics :

Take one dram of the *cinchona caribbæa*, in coarse powder, or bruised : one dram and an half of dried orange-peel : one dram of Winter's bark, put them into an earthen pot—pour upon them one pint of boiling water—cover the top of the vessel ; and when the ingredients have infused four hours, pour off the liquor for use. A wine glass of this infusion with, or without a tea-

† Vid. My Essay on a New Species of Bark, &c.

spoonful

spoonful of Huxham's tincture of bark, will be found an useful stomachic medicine, and may be taken two or three times a day.

The dried orange peel is an excellent and grateful bitter. It covers the stronger taste of the cinchona caribbæa, and renders the whole a pleasant medicine.

COLUMBO ROOT is likewise a very useful medicine in gouty cases. A similar infusion to what is prescribed above, with double the quantity of columbo root, will be found a powerful strengthener of the organs of digestion. Other bitters may likewise be employed for the same purpose. But these remedies seem only capable of removing the slighter forms of Gout, and are not to be relied upon in any severe cases, either of the stomach, or other organs of digestion.

CHAL-

CHALYBEATES are recommended by the experience of the moderns in gouty cases: Musgrave and Warner have given formulæ of steel powders, which they affirm are excellent for driving the Gout from the stomach into the extremities. Their preparations are, in my opinion, inferior to the sal martis, or steel wine of the shops. I commonly use the latter, and have experienced a very happy effect from it in many cases. A tea-spoonful in a glass of lukewarm water, makes a very good artificial Bath water. The same medicine is properly conjoined to the use of bitters, and other stomachic medicines in gouty affections of the primæ viæ, but I believe the remedy will be found too inert to remove a paroxysm of the extremities.

MINERAL WATERS: The very surprising cures which have been made by the use of Bath waters give them a preference, and pre-eminence to all others. Their temperature undoubtedly assists their Chemical

mical qualities, but independant of heat, they seem to possess a particular stimulant property which is distinct from the Chalybeate Impregnation, or mere temperature. This subtile and powerful stimulus may probably be a species of gas hitherto unknown, or merely inflammable air. The subject appears to me worthy a more minute investigation than it has hitherto experienced from the Chymico-medical philosophers; and there seems to be some reason to believe that a fuller knowledge of the medical properties of the gasses or fictitious airs will considerably improve the practical part of physic. As the bath waters are only to be used with advantage at the fountain head, I shall think it unnecessary to subjoin directions for their use. These are properly procured from the physicians of the place, whose experience enables them to give the best advice concerning the time, quantity, and necessary cautions in the use of the waters. I will only remark, that in every case where the bath waters may be expected to be of

M service,



service, previous purging, and all violent evacuations, in my opinion, are not only unnecessary, but highly prejudicial. I would likewise wish to throw out a hint in the form of a query to the physicians of Bath—"Would not the use of the waters conjoined to the remedies hereafter to be mentioned, during a paroxysm, or external inflammation of the extremities, assist in removing the diseased action of the part, and thus accelerate the cure of a fit of the gout?"

IN certain cases where recourse cannot be had to bath waters, I would recommend the use of any chalybeate spring, cold or warm, but the latter seems best adapted to gouty stomachs, which can seldom bear the use of cold water in any considerable quantities.

IN some instances I have seen the effects of Buxton waters equal to those of Bath. Pyrmont waters are likewise of considerable

able efficacy, and I would recommend their frequent use to all arthritics.

THE remedies already mentioned are principally adapted to the cure of the irregular species of gout, but I now proceed to remark upon those more powerful tonics which may assist us in the removal or

### CURE of a regular FIT of the GOUT.

GUIACUM has long been used in venereal and gouty complaints. The wood, bark, and resin of this tree, which is a native of Jamaica, the *Guaiacum Officinale* Linn, are at present in use, but I have met with few practitioners who place much confidence on any preparation of these articles of the *materia medica*. The decoction of *sarsaparilla* is preferred to the decoction of *Guaiacum* in *Siphylis*, and I believe no physician now attempts the cure of any form of gout with this remedy. The resin, or gum, as it is called, is sometimes given in chronic rheumatisms, but I have not

met with any author who recommends it in a regular fit of the gout. I will venture to affirm, however, that it is a powerful and useful remedy. The volatile tincture of Guaicum, the *Tinctura Guaici* of the new London Dispensatory is a very powerful medicine ; it is the solution of a permanent stimulus in a diffusible stimulant menstruum. I have known it given with good effect in that very obstinate complaint, the gouty affection of the neck of the bladder. This fact first led me to try it in a regular paroxysm ; singly, however, I never observed its efficacy, but, aided with the remedy I am next to mention, there is not a more powerful compound in the volumes of ancient and modern Physic.

Musk is a remedy which deserves the attention of Physicians and Arthritics. I cannot introduce my observations upon this neglected article of the *Materia Medica*, in words more applicable than the following quotation from Dr. Lewis's New Dispensatory: “ Musk, says he, is a grumous substance  
“ stance

“ stance like clotted blood, found in a  
 “ little bag situated near the umbilical  
 “ region of a particular kind of animal  
 “ met with in China, Tartary, and the  
 “ East-Indies. The best musk is brought  
 “ from Tonquin, an inferior sort from  
 “ Agria, and Bengal, and a still worse from  
 “ Russia. Fine musk comes to us in  
 “ round thin bladders ; which are gene-  
 “ rally about the size of a pigeon’s egg,  
 “ covered with short brown hairs, well  
 “ filled, and without any appearance of  
 “ having been opened. The musk itself  
 “ is dry with a kind of unctuousity, of a  
 “ dark reddish brown, or rusty blackish  
 “ color, in small round grains, with very  
 “ few black clots, and perfectly free  
 “ from any sandy or other visible foreign  
 “ matter. If chewed, and rubbed with a  
 “ knife on paper, it looks smooth, bright,  
 “ yellowish, and free from grittiness. Laid  
 “ on a red-hot iron, it catches flame and  
 “ burns almost entirely away, leaving only  
 “ an exceeding small quantity of light,  
 “ greyish ashes ; if any earthly substances  
 “ have

“ have been mixed with the musk, the  
 “ residuum will readily discover them.  
 “ Musk has a bitterish, subacid taste,  
 “ a fragrant smell, agreeable at a distance,  
 “ but when smelt near to, so strong as to  
 “ be disagreeable, unless weakened by the  
 “ admixture of other substances. If a small  
 “ quantity be infused in spirits of wine in  
 “ the cold for a few days it imparts a deep,  
 “ but not red tincture; this, though it  
 “ discovers no great smell of the musk, is  
 “ nevertheless strongly impregnated with  
 “ its virtues; a single drop of it commu-  
 “ nicates to a whole quart of wine a rich  
 “ musky flavour. The degree of flavour  
 “ which a tincture drawn from a known  
 “ quantity of musk, communicates to vi-  
 “ nous liquors, is perhaps one of the  
 “ best criteria for judging of this com-  
 “ dity. Neumann informs us that spirits  
 “ of wine dissolves ten parts out of thirty  
 “ of musk, and that water takes twelve;  
 “ that water elevates its smell in distil-  
 “ lation, whilst pure spirit brings over no-  
 “ thing. Musk is a medicine of great  
 “ esteem



“ esteem in the eastern countries ; among  
 “ us it has been for sometime pretty much  
 “ out of use, even as a perfume, on a sup-  
 “ position of its occasioning vapours, &c.  
 “ in weak females, and persons of a seden-  
 “ tary life. It appears, however, from late  
 “ experience, to be, when properly man-  
 “ aged, a remedy of good service, even  
 “ against those disorders which it has been  
 “ supposed to produce. Dr. Wall has  
 “ communicated (in the Philosophical Tran-  
 “ sactions, No. 474) an account of some  
 “ extraordinary effects of musk in convul-  
 “ sive, and other diseases, which have too  
 “ often baffled the force of medicine.  
 “ The Doctor observes, that the smell of  
 “ perfumes is often of disservice, where  
 “ the substance, taken inwardly, and in  
 “ considerable quantity, produces the hap-  
 “ piest effects : that two persons labour-  
 “ ing under a subsultus tendinum, extreme  
 “ anxiety, and want of sleep, from the  
 “ bite of a mad dog, by taking two doses of  
 “ musk, each of which was sixteen grains,  
 “ were perfectly relieved from their com-  
 “ plaints.

“ complaints. He likewise observes that con-  
 “ vulsive hiccups, attended with the worst  
 “ symptoms, were removed by a dose or  
 “ two of ten-grains: and that in some  
 “ cases where this medicine could not, on  
 “ account of strong convulsions, be admi-  
 “ nistered to the patient by the mouth, it  
 “ proved of service when injected as a  
 “ glyster. He likewise adds, that under  
 “ the quantity of six grains, he never  
 “ found much effect from it; but that  
 “ taken to ten grains and upwards, it  
 “ never fails to produce a mild diapho-  
 “ resis, without at all heating or giving  
 “ any uneasiness; that on the contrary it  
 “ eases pain, raises the spirits, and that  
 “ after the sweat breaks out, the patient  
 “ usually falls into a refreshing sleep; that  
 “ he never met with any hysterical person,  
 “ how averse soever to perfumes, but  
 “ could take it in the form of a bolus,  
 “ without inconvenience. To this paper  
 “ is annexed an account of some farther  
 “ extraordinary effects of musk, observed  
 “ by another gentleman. Repeated expe-  
 “ rience

“ rience has since confirmed its efficacy  
 “ in these disorders. I have myself fre-  
 “ quently given it with remarkable suc-  
 “ cess ; and sometimes increased the dose  
 “ as far as twenty grains every four hours,  
 “ with two or three spoonfuls of musk  
 “ julep between : the julep is the only  
 “ officinal preparation of it.”\* The Mis-  
 tura Moschata of the Pharmacopœia nova  
 Londinensis is similar to the julep with  
 the proportion of two scruples instead  
 of six grains of musk, and the addition of  
 one dram of gum arabic, to six ounces of  
 rose water. But these preparations I hold  
 to be very inefficacious. Water is not a  
 proper menstruum for this active remedy.

VOLATILE ALKALI is a powerful dis-  
 fusible stimulus, possessing many properties  
 which recommend it to arthritics. The  
 volatile alkaline salts, and their solutions  
 called spirits, prepared from different ani-  
 mal substances have been supposed capable  
 of producing different effects upon the hu-

\* Lewis's new Dispens. p. 178, 9.

man body, and to receive specific virtues from the subject. But modern practice and chemical experiments have proved their identity. In whatever form therefore the volatile alkali is given, we may expect from its use the same general effects. Experience has shewn its efficacy in a great variety of nervous diseases, and there are instances on record where this remedy has removed obstinate intermittent, and remittent fevers, where the bark has failed.

The SPIRITUS AMMONIÆ COMPOSITUS, or SPIRITUS VOLATILIS AROMATICUS, is one of the most grateful preparations of volatile alkali; a tea-spoonful in a glass of water is a pleasant and powerful stomachic medicine in gouty cases.

ÆTHER has been recommended in gouty complaints; it is of two kinds, vitriolic and nitrous. But I have not been able to discover any good effects from the former of these preparations in the regular gout. The latter I have not tried. In one case of  
spasmodic

spasmodic difficulty of breathing, which resembled a gouty dyspnæa, I found the æther vitriolicus, in large doses, of service ; but I am of opinion that it is much inferior to the volatile alkali, and it is not improbable that the acidity, however weak and subtile, may render it unfit for gouty stomachs.

ANTIMONIALS are among the most powerful remedies, which the science of medicine can boast. They produce effects which philosophy is puzzled to explain. They frequently remove the most dreadful maladies in the most expeditious manner ; and they seem to operate as it were by a charm, on the most remote and important organs of life. The wanderings of intellect delirium, and the most alarming stages of febrile debility, fall within the compass of their operation : spasms, convulsions, pain, are within the sphere of their action ; diseases or debility of the animal, vital and natural functions, are within the scale of their power ; and all their effects place



them among the most active stimuli, which discovery has yet applied to the living system. Of their efficacy in the gout, we are to speak more particularly. Evacuation, we have pronounced hurtful in every stage of this complaint; such effects of antimonials are therefore to be guarded against; their tonic virtues are objects of our attention. We find in fevers that the morbid celerity of the pulse is checked, and the idiopathic debility removed by their use without evacuating effects; hence analogy pleads in their favour. I am indebted to a very ingenious and learned friend for some important practical remarks on this subject. Dr. Palmer, Physician at Peterboro' attended me in my first gouty paroxysm. The attack was irregular, my foot, lungs, and neck of the bladder were alternately affected; I had much fever and restlessness; he gave small doses of an antimonial powder, (a substitute for James's powder) with the happiest effects, and he informs me that in all cases of irregular gout he finds this remedy efficacious.

ous. Until the seat of the fit is fixed he gives a small dose every three or four hours, which, without vomiting or purging the patient, lessens the fever, and seems to shorten, or sometimes to remove the paroxysm, I must confess, however, that I have never been able to cure a regularly formed fit of the gout with any antimonial preparation singly, but if I am not mistaken, I have seen its happy effects when conjoined with other remedies.

OPIUM, if we may believe a bold systematist, is the long sought for panacea in the gout, and a long list of dreadful maladies. It is undoubtedly a remedy of great powers, and has effects which strongly recommend it to the attention of arthritics, but it has properties which alarm the patient, and make the cautious practitioner afraid of its use. Experience, however, informs us that it may be given in considerable doses with advantage. And the same experience shews that danger may arise from the administration of this remedy,  
even

even in cases where theory and practical analogy pleaded in its favor. The qualities of opium seem to require chymical illustration; it is a compound concrete milky juice collected from the poppy, and as the best sort is brought to us from Egypt, Persia, and other hot countries, it would seem that a considerable degree of heat is necessary to produce it in a state of perfection. The chymists have related their experiments upon this concrete juice, but they do not appear to be determined upon the nature of its active principles, nor have their labors been sufficiently attended to by practitioners. Water is said to be its proper menstruum, yet wine is preferred in the dispensaries. From several experiments which I have made upon the subject, I am inclined to believe that as this substance in its medical effects resembles the Peruvian bark, so in its chemical qualities it bears the same affinity. An active bitter resin, and an astringent gum seem to constitute its principles. A cold watery infusion of opium, joined with some warm aromatic,

appears

appears to me the best method of obtaining its pure anodyne effects, without danger of those noxious and alarming consequences, which frequently oppress the patient under the forms of head-ach, sickness, and bilious vomitings, &c. when given in substance or spirituous tincture. With respect to the use of this remedy in the gout, there can be no doubt that it is often highly useful ; and whenever the pain is so severe, as to prevent sleep, it is necessary and proper to procure it with this remedy. But I would prefer the watery infusion to any other mode ; a grain of opium infused in an ounce of weak cinnamon water and the infusion may be taken in divided doses, so as to procure rest, or it may be conjoined with musk in substance, and a draught with some of the volatile tincture of guaiacum given after it. The dose of opium will be regulated by the skill of the physician, small doses frequently repeated, seem preferable to large ones. One great inconvenience arising from its use is costiveness. Unless this be guarded against, the distressing

sing

sing symptoms of a gouty paroxysm will be aggravated by the administration of opiates.

HYOSCYAMUS or Henbane appears as an anodyne, to be preferable to opium ; I have frequently given a grain or more of the extract merely with a view of procuring rest, in those complaints where Opiates are usually given, and I have observed the best effects from its use. Neither costiveness, sickness, head-ach, or any of those other distressing symptoms, which often ensue a dose of opium, are amongst the common effects of henbane. But unfortunately this remedy has been rejected at the College ; when that learned body shall think proper to give it a PUBLIC examination, perhaps it may be more fortunate.

ELECTRICITY, In treating of the theory of the gout, we endeavoured to shew that it was a disease, which from analogy, seemed to require the use of strong stimulants to its cure. We compared it from a  
general



general view of the symptoms to a febrile paroxysm of the intermittent or remittent type ; and we have endeavoured to prove that the *debility* of the living solid, which is the cause of the symptoms, is to be removed by the proper use of *stimulant* remedies. Electricity is one of the most powerful of this class ; and, as a power capable of a diversity of effects, deserves our serious consideration. An insulated living animal charged with the electric fluid, is found to be in a stimulated state. The circulation is quickened, and the action of every part increased. On the sudden escape of this subtle fluid from any part of an animal body thus insulated, on the approach of a non-electric, or negatively electrified body, a peculiar shock or stimulus is felt in the part ; and thus the stimulant effects of electricity may be locally as well as universally applied. This remedy is of great use in many local complaints. Applied in shocks, or taken from an insulated animal in sparks, it is found a powerful

O erful

erful means of restoring the lost tone or action of a part. With this view I would recommend it to the attention of arthritics; and I am of opinion that the regular gouty paroxysm might be safely relieved by its application. If the patient were laid upon an insulated couch, and had gentle sparks drawn from the inflamed part, or merely made to feel the electric *aura* by means of a pencil or sharp pointed substance held at a distance from the inflamed surface, I am persuaded, that it would be found of real use in restoring the lost tone of the part.

In those cases where the lameness continues, though the pain and swelling have abated, it has been tried with success, and as the same cause only in a more violent degree, gives rise to the aggravated symptoms, philosophical argument would seem to countenance this conjecture.

I shall

I shall here conclude my observations and advice to arthritics. Much might be added to what I have said, but brevity is required. The martyrs of Podagra—The afflicted sufferers of the gout, will rejoice in the proof of my opinions; and thousands, will be happy to hear that the *complaint* under which they labour, is *curable*. I speak not from theory or conjecture alone. I speak from practical experience, and I venture to affirm, that, in a given number of *fits* of the gout and *ague*, an equal proportion of the former may be cured.

I have frequently removed a regular attack of the gout in the extremities, in a few hours; and seldom met with cases which required more than a few days. My example in physic is ASCLEPIADES---He founded a system of Medicine on the basis of philosophical enquiry; and whatever may be my pretensions to a similar attempt, I will religiously follow his maxim, and  
endeavour

endeavour to cure my patients "*tuto, celeriter, & jucundè.*"

R. KENTISH, M.D.

Gower Street, Bedford Square,

London, Jan. 1, 1789.

F I N I S.

E R R A T A.

Page 45, read *Eggs* commonly agree well

47, for *accompanies*, read *accompany*

48, for *although*, read *though*, & *ubique*

59, for *quanity*, read *quantity*

85, for *earthly* read *earthly*

91, after *intellect* a comma

95, read *may be infused*, &c. *and the infusion taken*

90—91, *Æther*, when properly prepared, is not

an acid liquor, but as it is found in the shops,

it commonly contains an excess of acid, which

renders it unfit for gouty stomachs. A marine

*Æther* is now prepared by the Chymists, but its

medical effects are unknown.









